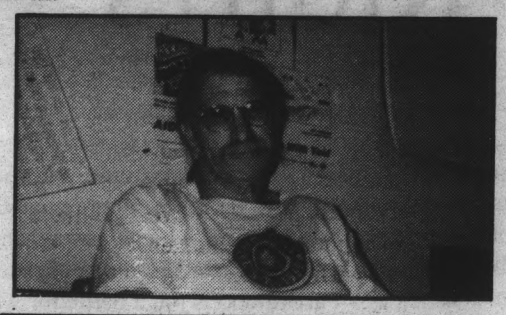
PANTHER SENTINEL

Hartnell College Salinas, CA — November 1997



New Buildings at Hartnell
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World's AIDS Day Dec. 1
Story page 4

HARTNELL PROGRAM PROVIDES HOMES FOR COMMUNITY

Tim Brown
EDITOR

Working for free never felt so good. Hartnell College students enrolled in the college's Construction Technology Program build homes for non-profit organizations, and learn all the skills needed to build a house.

The Technology Program builds houses for only $35 to $40 per square foot compared with $75 to $80 per square foot charged by a regular contractor who must pay wages that Hartnell does not pay.

Currently, the Construction Technology Program is building houses for the Monterey County Housing Authority (MCHA) on Sun Street in Salinas, about a mile from Hartnell. The houses will be occupied by migrant field workers, according to Robert Beery, who has been in charge of the program for 18 years.



Photo by Tim Brown

Student Ismael Morales saws wood for a house on Sun Street.

"We are in discussions to work with the MCHA for another two years. Because there is such a large shortage of low-income and migrant homes, the Housing Authority will have a lot of projects for us as long as there is funding," Beery said.

The MCHA wants to build a center in King City for migrant workers, according to Beery.

Students enrolled in Construction 50 and 51 receive six units while learning everything from building foundations, to framing and roofing a house. The classes

See Construction, Back Page

PRESIDENT GETS RAISE

Betty Poynter
STAFF WRITER



After lots of discussion and debate, the Hartnell College Board of Trustees voted unanimously on May 21 to award Hartnell President Edward Valeau a 4.5 percent pay raise, bringing his salary to $103,859.

" Dr. Valeau works very hard. His days start at 6 a.m., and he is still working many nights until after 9 p.m.," said Sallie Savage of Hartnell's Human Relations Office.

The raise is retroactive to July 1, 1996. The amount is in line with the salaries of other community college presidents in the area:

President Glenn Mayle, Gavilan College, 3,000 students, receives **$95,000**

President Kirk Avery, Monterey Peninsula College, 1,600 students, receives **$105,090**.

President John Hurd, Cabrillo College, 13,000 students, receives **$110,000**.

DEPRESSION HITS HOME

Ivy Chen
STAFF WRITER

Hate, anger, worthlessness, despair, and frustration are just a few feelings that lead to stress and anxiety. Stress and anxiety often cause depression. John (not his real name), a 34-year-old Hartnell College student, can relate to these feelings. John started at Hartnell in August of 1996, and although he concealed his emotions from his peers, he often took his negative feelings and directed them toward his family. John, like many students, has faced difficult times.

He left home, joined a gang, and was in and out of jail, eventually living on the streets.

John dropped out of high school and had his first child at 16. At 17, he became addicted to heroine. He left home, joined a gang, and was in and out of jail, eventually living on the streets.

I didn't want this life anymore," John said. So, he sought help. John was put on methadone to ease his heroine withdrawal, and he eventually stopped using heroine. He sought counseling and, after two years, he got his life back together and started accomplishing things. John earned his GED, and is currently trying to improve his family situation. A Hartnell counselor suggested that he take an Emotional Management Skills course (Cou105) offered at Hartnell.

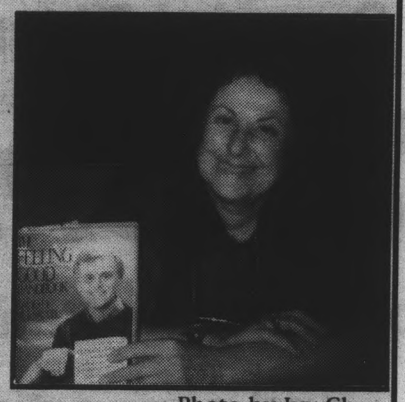


Photo by Ivy Chen

Emotional Management Skills Instructor Janet Howell.

The Emotional Management Skills course is a 1.5 unit course for students and staff. Those who have taken Cou105 can continue with Cou106 the following semester. The course teaches people how to

See Depression, Back Page

STUDENT FEES REDUCED

Tim Brown
EDITOR

Community college students in California will see a drop in student fees of $1 per unit starting next fall, thanks to the College Affordability Act of 1997 (AB1318), which California Gov. Pete Wilson signed on October 10.

The Affordability Act will reduce fees from $13 to $12 per unit. Fees at the University of California, and California State University, will decrease by 5 percent for 1998-99 and will not increase in 1999-2000.

This is the first time since 1984, and only the second time in state history, that fees have been reduced.

"It's stopping the trend of raising fees. We're finally reversing the rapid fee increases of the past decade," said Patrick McCallum, executive director of the Faculty Association of California Community Colleges.

The California Legislature will reimburse the college system's funds to compensate for any revenue loss from the fee reduction, McCallum said.

ABORTION AND FATHER'S RIGHTS

EDITORIAL

Tim Brown
EDITOR

For many decades women fought for equal rights that they had continuously been denied. One of the most powerful rights that women received is the right to terminate a pregnancy. The right to have an abortion is not a decision for only the women to make. It is instead the most difficult decision that a couple can make.

Since women, and men, are equal in the eyes of the law, then both must have equal say in whether the female should, or should not have an abortion. If a man impregnates a woman, he cannot force her to have an abortion if he does not want to be a father. A father also can not refuse his responsibility to pay child support. Since fathers do have responsibilities, they also have rights, like the right to a hearing before the termination of parental rights.

Now, before we go any further, let's just clear up which fathers we are talking about. I am not talking about one-night stands, or rape. I am talking about husbands, or long-term boyfriends who show a loving interest in the well-being of his child. If a father meets this criteria, then yes, he has rights.

The best argument against fathers' rights is that the woman is the one who carries the child for nine months. This is a much bigger issue than controlling one's own body. Besides, she did have control of her body when she became pregnant.

This is not an issue of controlling one's body. Instead, this is an issue of accepting responsibility along with rights, and respecting the rights of others. If a father accepts responsibility, and acted on that responsibility, then he has rights. The rights of a mother do not completely cancel out his rights. Even the U.S. Supreme Court's ruling in Roe v. Wade limited mothers' rights.

"A woman's right to terminate her pregnancy is not absolute, and she is not entitled to terminate her pregnancy at whatever time, whicheverway, and for whatever reason she alone chooses."

Parenthood is not a battle for who has the most rights, rather it is an equal partnership between a mother and a father who look out for the best interest of their child. Since both parents are equal, one cannot be allowed to force an abortion when the other is willing, and able to take care of their child.

So many children do not have a parent who wants them. Why should a child not have a chance to live, when she or he does have a parent who loves, and wants them.

Panther Sentinel

Hartnell College Salinas, Ca.

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DO YOU HAVE A PROBLEM WITH THAT?

Do you agree or disagree with this editorial? We want to hear your opinion on this, and any other issue, on or off campus!

Special Thanks To

The Californian

For printing the Panther Sentinel and supporting our journalistic aspirations

New Add/Drop Form At Hartnell

Tim Brown
EDITOR

Beginning in the Spring 1998, Hartnell College will be using a new add/drop form.

There will be only one form for both adding and dropping. No information has been removed from either the old add or drop form. They have just been combined into one form. Only one transaction (add or drop) will be accepted on each form.

Because the cost of paper has increased substantially, the change in forms will "provide a significant cost savings to the Admissions and Records printing budget," according to Cheri Gray, director of Enrollment Services.

CORRECTIONS

The name of the photographer for the story in last month's issue on New Faculty was misspelled. The correct name is Anthony Caster. The Panther Sentinel regrets the error.

Contribute to Your College Newspaper!!!

The Panther Sentinel welcomes submissions, including news and feature stories; photography, art, and graphics; reviews of plays, music, movies, and restaurants; poetry; and/or anything else you think belongs in the Hartnell College Newspaper.

New Home For Human Resources Office

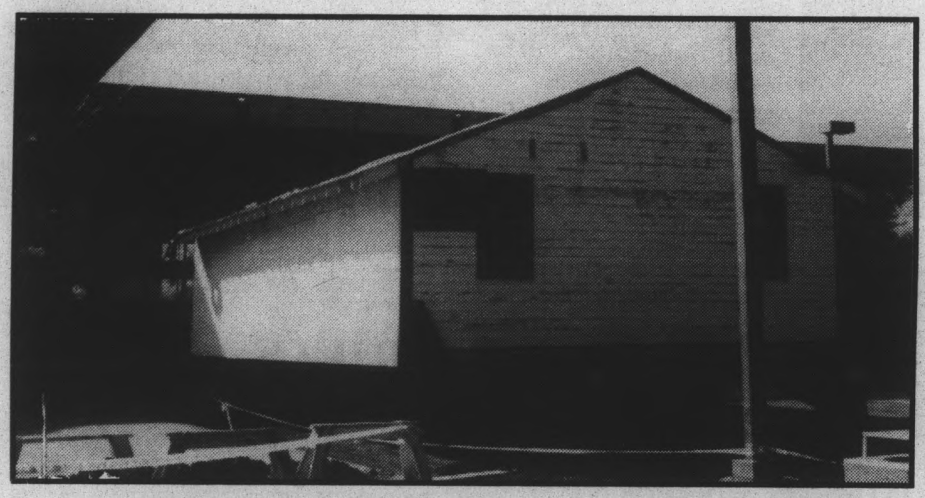
Hartnell College has received two buildings from the former Ford Ord at no cost. Both buildings will be located in the area north of the college center, and will be renovated by the Hartnell Maintenance Staff over the next two months.

The buildings will be occupied by the Office of Human Resources, bringing the office into compliance with OSHA and ADA requirements for the first time in 11 years.

Since the buildings are near the parking lot, disabled students and employees will have easy access.

Each building is one-story, and about 1,000 square feet. Kathryn Butler, spokeswoman for Hartnell, said that Hartnell applied for the buildings through the Fort Ord Reuse Authority. Fort Ord, now occupied by California State University, closed about five years ago.

"Due to the increase in space, employees will be able to *actually* sit down to review their records, and candidates will be able to test and interview in an appropriate environment rather than in a storage room," according to a memo released by Larry Carrier, vice president of Administrative Services at Hartnell.



One of two buildings acquired by Hartnell. Photo by Tim Brown

NEW HARTNELL CLASSES HELP IN JOB SEARCH

Betty Poynter
STAFF WRITER

Hartnell College is offering new classes for those affected by welfare reform, and/ or those looking for a job. It takes only three weeks to complete any of these courses, TANF recipients qualify for a fee waiver, and no entrance exams are required. The only requirement is STAAR Testing, which simply evaluates current skills, so that advisors can help direct students to courses at the right level. The three courses listed in the box below are each worth .5 units, and are taught at the main campus.

Welfare reform requires Hartnell to help welfare recipients assess their skills, get short-term help with language and education, so that they can move into the work force as quickly as possible, while continuing their education. The ultimate goal is to obtain permanent employment at a salary level sufficient to support them and their families.

The state of California says that the salary figure needed to support a family in this area is $11.40 per hour, according to Celia Barberena. Barberena said she is working with local and state officials in developing a program.

Barberena said that 23 percent of program funds will be allocated for child care, to be provided to students attending classes. She said students will be given vouchers which child care providers can can turn into the state for payment.

Beginning January 1, the adult recipient of welfare in a one-parent family is required to participate in welfare-to-work activities 20 hours per week; 26 hours per week beginning July 1, 1998; and 32 hours as of July, 1, 1999. Barberena said that new classes will be starting frequently, not just at the start of the regular semester. Total state funding for 1997-98 TANF is $16 Million. No college is receiving less than $25,000. The amount per college is determined by the number of AFDC welfare recipients . Hartnell has approximately 600 students affected by welfare reform, according to Beatriz Coronado of Hartnell's Financial Aid Office.

INTERSESSION COURSES to help those affected by welfare reform, and/or those looking for a job:
COUNSELING 30, Sect. 5286 - Occupational, interests and ability assessment; begins Jan. 5-8.
COUNSELING 29, Sect. 5285 - Job Hunting Techniques; begins Jan. 12-15.
COUNSELING 21, Sect. 5284 - Orientation to College; begins Jan. 20-21.

TRANSFER MADE EASY

Maria Jimenez
STAFF WRITER

Are you filling out the CSU, UC and Private universities application for the fall 98 semester? Do you have questions on how to fill them out? Or your not sure where to apply? Mrs. Maria Castillo welcomes everyone to visit her at the Transfer Center, to make an educational plan for you to transfer, guide you on how to choose a major, and to answer any question. The transfer Center has a library full of information of universities such as CSU, UC's and Privates, in and out of state for you to check them out. For more information on workshops or to schedule appointments call 759-6007 or stop by the Transfer Center Portable located at the STAAR portable right hand side. Do not forget that Transfer Drop in day is on November 26.

Here are some transfer tips:
* Visit your community college transfer center, or a university representative or counseling office to review your academic record.

a) Determine your competitiveness as a transfer applicant.
b) Devise a transfer application strategy.
* Carefully read the transfer section of your community college catalog.
* Discuss your transfer plans with a counselor and read catalogues from four-year universities
* Send for transfer information and catalogues from the four-year universities that interest you.
* Find out about transfer requirements and deadlines.

DEADLINES FOR TRANSFER
CSU Deadline - November 30
(Note: There are extension deadlines depending on the CSU campus).
UC Deadline - November 30
Private Universities - Deadlines Vary.

* Plan your general education transfer program carefully, asking about general education certification and transferability of courses.
* Check with a counselor or a faculty member about completing lower division courses for your major.
* Make an appointment with a representative from a four-year college or university when available at Hartnell.
* Complete and send the applications for admission with the application fee or fee waiver form prior to deadlines.

TRANSFER FEES
CSU Application Fee $55.
UC Application Fee $45.
Private Colleges and Universities - Application Fees Vary.

* Never send your only copy of any document.
* Don't send official transcripts before you are requested to do so, or after you have completed your Fall term.
* Consider applying for financial aid. To receive priority consideration, you must file your application between January and March.
* Contact the Financial Aid Office for more information about this process, and attend Financial Aid workshops to help you fill out the application.
* Complete and send the required financial aid and scholarship applications along with any other additional required documents.
* Continue the recommended course work at your community college.
* Request that your transfer units be certified.
* Have official community college transcripts and official high school transcripts, if necessary, sent to the school you are transfering to.
* Select classes, register, and pay fees at your new college during the appropriate time.
* Participate in orientation programs, and buy books and supplies.

GOOD LUCK!

DECEMBER 1ST IS WORLD AIDS DAY

Betty Poynter
Staff Writer

December 1st is WORLD AIDS DAY. Drive with your LIGHTS ON, and wear a RED RIBBON.

It is a WAR, people are dying, and YOU, yes YOU, could be a potential victim. The enemy is AIDS and its allies are fear and lack of information. What can you do to protect yourself and those you care about?

1. Practice safe SEX, use condoms.
2. Get an HIV test, know your own status.
3. Learn all you can about HIV, the virus that causes AIDS, and other sexually transmitted diseases.
4. Talk about it. Let your local, state and federal representatives know you want a CURE.
5. Help support those affected, with time, caring and understanding.
6. Help raise money for local programs and research, such as Walk-a-Thons.
7. Remember, IF YOU HAVE SEX, use protection.

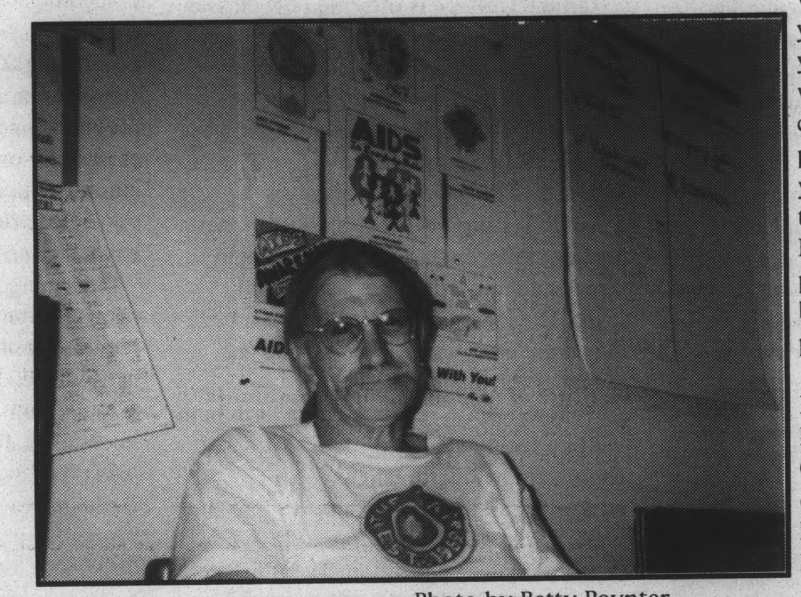


Photo by Betty Poynter

David True, Associate Director of Outreach /Harm Reduction, Monterey County AIDS Project

A local group, the Monterey County Aids Project (MCAP), located at 12 Gabilan St., in downtown Salinas is staffed by professionals and volunteers who are fighting daily on your behalf. They will give you a free HIV test. They will provide you with condoms. If you have a drug problem, they will supply you with clean needles. Free testing is available every Monday 2:30 p.m. to 4:30 p.m. Use the COUPON on back page. The MCAP phone number is 772-8200.

David True, Associate Director of Outreach/Harm Reduction, Monterey County Aids Project, will be on the Hartnell campus Monday, Dec. 1. True said he will be setting up a booth in the student activities center between the cafeteria and the bookstore.

If you need help or information call:

Community Human Services, Drug and alcohol-related **373-4773.**
National AIDS Hotline
English **800-342-AID**
Spanish **800-344-SIDA**
Northern Ca. AIDS Hotline
800-FOR-AIDS
Rape Crisis Center
Monterey **375-4357**
North County **633-5900**
Women's Crisis Center **757-1001**

AIDS affects everyone. Those testing positive for HIV during this past year, were both male and female, of all races and ages. The percentage of females has doubled.

There is no cure for AIDS. Early diagnosis and treatment is the best defense if you are HIV positive. New drugs used in combinations reportedly help slow the progression of the disease. A large percentage of those who test positive said they were under the influence of alcohol or drugs at the time they thought they were infected, and had

See **AIDS Day** Back Page



Romy's FOTOGRAFIA

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LLAMENOS PARA PRESUPUESTO Y DEMONSTRACION DE ALBUNES SIN NINGUN COMPROMISO.

NEWS BRIEFS

Larry Ewings
Staff Writer

HARTNELL COLLEGE STAFF DEVELOPMENT GRANT

The state chancellor of education provides money to community colleges for professional development of the faculty and staff. This year, Hartnell received $31,600. As a result of last year's grant, Hartnell was able to provide many professional development activities for both groups and individuals.

Hartnell will use the money this year to further the knowledge of staff and faculty in technology, communications and diversity. A special staff development committee invites all to attend meetings on the third Wednesday of each month at 3 p.m.in the boardroom. To apply for staff development funds, go to the Human Resources Office.

BOARDWALK WINTER PASSES

The Boardwalk is having a winter special of just $11.95 each (usual rate is $18.95) for unlimited ride passes. The special started Nov. 1, and will run through Feb. 1. The boardwalk is open only on weekends from noon to 5 p.m It will also be open Friday Nov. 28., and also Friday, Nov. 28. The Boardwalk is closed from Dec. 2 to December 25. It reopens on Jan. 3.

The Casino Fun Center and Neptune's Kingdom Amusement Center are open year-round, except Christmas Day. For more information, call (408) 426-7433.

HARTNELL COLLEGE CAREER DAY

After two years of successful job shadowing experiences, North Monterey County High School has asked Hartnell to host them again this year. The high school will bring up to 55 sophomores to campus on Wednesday, Nov. 19. They will be paired with a career mentor from 9:30 a.m. to 1 p.m.

Mentors need to meet their students at HCC 19 between 9:30 and 9:45 a.m. The students will participate in workshops. They will also interview their mentor and ask him/her to critique a resume for them. If possible, mentors are asked to eat lunch with their students.

At least 55 employees are needed to volunteer to be career mentors for these students. Students are interested in every position at Hartnell. Please consider volunteering your time to make a difference.

Scholarships, Opportunities

Maria Jimenez
STAFF WRITER

For those of you transferring to a university next year, here are some scholarships you may be eligible for:

Soroptimist International of Salinas is now distributing applications for their annual Women's Opportunity Award. It is a $1,000 award at the local level and the winner's name will be sent on to regional and national levels, where a total of over $10,000 will be awarded. The purpose of the Soroptimist International Opportunity Award is to help the mature woman enter or reenter the job market, or continue to improve her skills and training to raise employment potential. Women have to meet the criteria of the application to be chosen for this scholarship. The applicant has to show maturity in adapting to new situations, a motivation to improve, and the ability to take on responsibility. The applicant must be the head of a household, with financial responsibility for her dependents. The applicant must also demonstrate financial need.

The applicant must also show that specific educational training is necessary for her entry or reentry into the job market. For more information, stop by the Scholarship Office or call 755-6811. Deadline: December 15, 1997

1998-99 Eleanor Roosevelt Teacher Fellowships

Applications are now available for the 1998-99 Eleanor Roosevelt Teacher Fellowships. The AAUW Educational Foundation purpose is to promote gender equity in public schools. Fellowships are awarded to female teachers of grades K through 12, with at least three consecutive years of full-time teaching experience. Up to $10,000 is awarded. Applications can be obtained through December 29, 1997, and must be postmarked by January 12, 1998 to be considered for the 1998-99 fellowship year. For more information about the fellowships, call (202) 728-7609 or e-mail: ERTF@mail.aauw.org

Institute of Management Accountants National Scholarship Program

A minimum of two scholarships in the amount of $2,000 each are awarded to students graduating from a two-year college, and are continuing their education in a four or five year management accounting/financial management-related program.
One scholarship will be granted by the Stuart Cameron McLeod Society in the amount of $3,000 to one of the applicants for the above scholarship.
You must apply between Jan. 1 and Feb. 15. For more information, call the Hartnell Scholarship Office.

You can find more available scholarship on the Internet, by searching for "SCHOLARSHIPS," or find the location www.scholarshipfastweb.com/. It is helpful, fast, and easy. Check it out and Good Luck!

COME TO HOMECOMING!

Charise Espina
STAFF WRITER

Here's a reminder to all you spirited Panthers out there: Homecoming is November 22! The big game features Hartnell College against Monterey Peninsula College at the Salinas Sports Complex (Rodeo Grounds).

But the game is not the only exciting Homecoming event. Here's a rundown of the week's events:

Spirit week kicks off Wednesday Nov. 19 with **Maroon and Gold Day (Hartnell's school colors).** Anyone wearing the school colors will be given coupons to a special Homecoming barbeque Friday, Nov. 21. The coupon gets you half off the ticket price. ***There's only one coupon per person.***

Girls can break out in their poodle skirts, ribbons, and ponytails, while the guys slick back their hair and don their leather jackets for Fifties Day Thursday, Nov. 20. Music will be provided by KOCN (Oldies 105)!

The day will also feature a classic car display. Beautiful restored cars from the past will be on display in front of the Student Center for all to see!

Active clubs during the Fall 1997 season are asked to nominate one candidate each for Homecoming King and Queen. Elections will take place at the Homecoming Tailgate Party from 11 a.m. to 2 p.m Friday, Nov. 21 Candidates will be passing out campaign flyers, and will be wearing special Homecoming sashes so they can easily be identified.

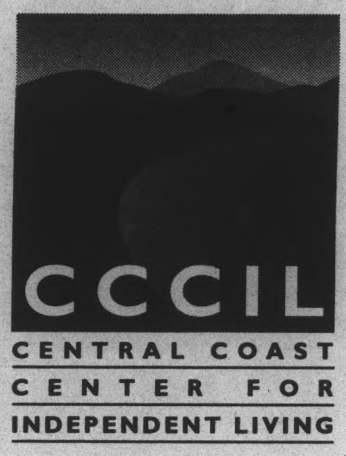
The crowning of the Homecoming King and Queen will take place at the game on Nov. 22.

Floats put together by various Hartnell clubs and organizations will also be judged by faculty and staff. Club members must be at their floats by 11:30 a.m. The winning club will recieve $175.

A special float parade, and the crowning of the Homecoming King and Queen will be held during the game's half-time.

Also, the club with the most people in attendance at the game will win $100.

The 1997 Homecoming Committee invites students, staff, and faculty to get into the Homecoming spirit by supporting the Hartnell football team. Show your Panther pride!!!



Do you have a disability and want to live more independently?
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If you live in Salinas/Castroville
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Si vive en los condados de San Benito o Monterey (fuera de Salinas/Castroville)
LLAME SIN COSTO al 1-800-211-4888
Si vive en Salinas/Castroville
LLAME al 757-2968 Voz/TDD

THE FESTIVAL CERVANTINO

Betty Poynter & Vidal Ruvalcaba
STAFF WRITER CONTRIBUTING WRITER

The Festival Cervantino was held last month, on Oct. 12, at Hartnell. It was one of the most beautiful days of the year, a great day to hold this festival. The same festival is held for 22 days in Guanajuato, GTO, Mexico. The festival is named for Miguel De Cervantes Saavedra, author of the masterpiece "Don Quixote."

The bright sunlight sparkled on the silver-trimmed costumes, and music, balloons, and laughter filled the spring air. Children danced up and down to the music as clowns "Lulu," and "Mop Top" turned balloons into colorful animals that delighted the adults as much as the kids.



Photo by Vidal Ruvalcaba
Raquel Carranco and Amalia Guzman, Assistant Principal at Bardin Elementary School admire art work and sculptures.

Glorious original paintings were on display, along with pottery, jewelry, and metal sculptures of Don Quixote. All the artwork was provided by CANAPO Art Gallery in Carmel. The gallery curator, Carlos E. Porras, explained the history, and significance of each piece.

Porras urged festival goers to visit the gallery, located at San Carlos and Seventh streets in Carmel.

Musicians and dancers performed on three different stages, two outside and one inside. The performers came from throughout the area, and from Mexico.

In addition to traditional Mexican music and dance, the festival featured a Celtic folk band, and a Mideastern music and dance troop, which swirled barefoot in colorful costumes, and snapped cymbals between their fingers.

The delicious scents of the food, and the sounds of voices and instruments glorified the festive atmosphere. The delighted faces of young and old made this a most unique day at Hartnell College.

HALLOWEEN... A TRICK, OR TREAT?

Ivy Chen
Staff Writer

A bunny rabbit; the infamous Jack from Jack in the Box Restaurant; Cleopatra; the Crow; and many more costumed faculty and students were seen on the Hartnell campus Halloween day. Many people believe that just because they're in college, they're too old to join in the fun.

Halloween seems to be a perfect occasion for social gatherings, and a chance to get free candy. Many people would say that Halloween is just for fun. However, many of us do not know what we are really celebrating. Here is the history behind Halloween:

(All information is taken from "Panati's Extraordinary Origins of Everyday Things," by Charles Panati)

Nowadays, Halloween is celebrated for entertainment, whereas, in ancient times, it was a ritual done out of fear and superstition. The origin of Halloween dates back to Ireland during the 5th century, b.c. Formerly called "All Hallows Eve," Halloween was first celebrated by the ancient Celts in Ireland. The evening of October 31st signaled the end of summer. The Celts believed that on October 31st, all persons who passed away in the previous year would gather to choose the body of the person or animal they would possess for the next twelve months, before they could peacefully pass into the afterlife. The Celts deliberately made their households cold and undesirable for spirits and gathered outside the village where a druid priest would hold a huge bonfire to honor the sun God for the past summer's harvest and to scare away hidden spirits. In order to frighten away wandering souls, Celtic family members "dressed themselves as demons, hobgoblins, and witches."



Photo by Eliseo Garnica
Student Mike Budd hops around campus in the spirt of Halloween.

Hoping to ward off spirits, they paraded through the village creating as much of an uproar as they could. Finally, they gathered around a bonfire outside town, and "a villager, deemed by appearance or mannerism to be already possessed, could be sacrificed in the fire as a lesson to other spirits contemplating human possession." Many human sacrifices occurred as a result.

In 61 A.D., human sacrifice became outlawed when the Romans adopted Celtic Halloween rituals. Eventually, the belief of spirit possession diminished, "the dire portents of many Halloween practices lightened to ritualized amusement."

Irish immigrants fleeing from their country's potato famine brought the Halloween customs of costume and mischief to America. Overturning outhouses and unhinging front gates were just a few pranks played by New England Irish youths on Halloween night. The Irish also brought with them a ritual that New England agriculture forced them to change. A large hollowed turnip carved with a demon's face and lighted from the inside with a candle was the beginning of the tradition of a jack-o'-lantern created by ancient Celts.

Immigrants had a lack of turnips in their new land, but found numerous fields of pumpkins. Whereas the Pilgrims had made the edible part of the pumpkin a hallmark of Thanksgiving, the Irish made the outer shell synonymous with Halloween.

The Irish derived the term, Jack O' Lantern, from Irish folklore. According to legend, a man named Jack, "notorious for his drunken and niggardly ways," tricked the devil into the tree's trunk and trapped Satan until he swore he'd never tempt Jack into sin again. Upon his death, Jack found himself exiled from heaven for his repeated sinning and was also "refused entrance to the heat of hell from an unforgiving Satan, condemned to wander in frigid darkness until Judgment Day," he begged the devil for burning embers to light his way. Although Satan had an excess of embers, he only gave Jack one coal that would last an "agonizingly short time." Putting the ember into a turnip he had chewed hollow, he formed Jack's lantern.

The ritual of "trick or treat" goes back to a ninth-century European custom. On All Soul's Day, Christians walked from village to village begging for soul cakes (square biscuits with currants). The beggars would offer prayers to the dead relatives of the donors. "The number of prayers to be proportional to the donors' generosity."

The number of prayers a dead person received was important especially since it was believed that people stuck in "limbo" was a delayed while on their journey to heaven. Thus with enough prayer, even by a stranger, greatly reduced the stay.

CAMPUS QUESTION

DO YOU BELIEVE PEOPLE SHOULD WAIT UNTIL MARRIAGE BEFORE HAVING SEX?



Denise Morgan, 28, Engineering
"I think sex should be postponed until after marriage. Few people, however, have the self-control to wait. If more people waited until marriage, there would be less problems in society in the long run."



Allison Roberson, 19, Undecided
"It depends on whether or not you're doing it because you really care for the person or if you're doing it just to do it."



Melvin Austin, 22, Business
"I don't think people should have sex before marriage but if it happens, it happens."



Adriana Flores, 19, Sociology
"I believe people should not engage in sex before marriage because there could be a lot of difficult consequences to pay. I, as a single mother, can relate to that. I believe that if I would have waited until I was married, my child and I would be a lot happier."



Sue Beckwith, 18, Health Nursing Administration
"I think that saving yourself is the better way to go. It enables you to give all your love completely to that one special person. Having sex with other people before you get married is in a way cheating the person you marry out of love lost to other people."



Charles Riley, 18, Psychology
"I think people should wait until they get married to have sex not just because the bible says not to, but because it is something special you and your spouse can share. It unites both the husband and wife into one flesh. Besides, it is too risky because there are too many diseases and strange people out there."



Julian DeAnda, 20, Construction Management Technology
"I think people should wait until marriage before having sex because waiting until marriage is respecting oneself and their partner."



Gilberto Garcia, 21, Business
"No, I feel that the couple should wait until they are mentally prepared with the consequences that come with having sex."



Anita Clampett, 30, Geology
"I don't necessarily think that marriage is the issue, it's maturity that we should be concerned about in reference to our sexuality."



Mark Baker, 28, Criminal Justice
"No, it's okay to have sex prior to marriage, people should do what they want."

Western Stage: *Follies*

Now Playing!

Tim Brown
Editor

The Western Stage's final production of 1997 will be the Tony award winning musical, Follies. The critically acclaimed "Follies" began Nov. 7, and will run through Nov. 23.

Mary Gjurich and Pat Horsley star as two ex-Follies with John Newkirk and Chris Graham as the stage-door Johnnys they had married. They meet again at a reunion 30 years after they first double-dated together. The four remember back of the romantic decisions they made in their seemingly carefree youth.

The story takes place in the 1970's in an old Broadway pleasure palace, the night before its demolition to make way for a parking lot. It is the theater where "Weismann's Follies"- as in Ziegfeld Follies - had once been the wonder of the entertainment world. Into this wryly magical world comes a cavalcade of aging beauties whose re-creation of their glorious production numbers becomes a riveting history of American musical theater. Through memories, the younger versions of the four performers move in and out of scenes awakening dreams and desire, and triggering illusions and disillusions of love. The younger versions of the couples are played by Ashley Richardson, Lyla Braden, Mard Englehorn and Chuck McLane.

Featuring some of the most popular performers on the Central Coast, "Follies" cast of 50 includes Linda Purdy, Artemis Ledesma, Stephi Waldrup, Donna Federico, Lenore Opelach, Sam Trevino, Thomas Barber and Cliff Gilky.

Stephen Sondheim's "Follies" was produced utilizing the team directing techniques developed by The Western Stage Ensemble Lab, which includes Artistic Director Tom Humphrey with Director/Choreographer Anne Marie Hunter, Musical Director Don Dally, Associate Director Jim McLean, and Jeff McGrath.

Don't Miss *Follies*

Performance:

November 21-23
Fridays and Saturdays at 8 p.m.
Sundays at 2 p.m.

Tickets:

$12 for Hartnell Students
$18 for Students and Seniors
$20 for General

Box Office:

755-6816 or 375-2111

Movie Reviews

"I Know What You Did Last Summer"
Rated R
Rating:**

Tim Brown
Editor

Last year, Wes Craven revitilized the slasher-horror genre with the movie smarts of "Scream." It was so effective because it revealed all the stupid cliches that doomed the genre in the late 1980's, and added a new twist that was refreshing. Unlike "Scream," "I Know What You Did Last Summer" never lives up to its potential, and instead becomes reminesent of the lame slasher films of the pre-"Scream" era.

Like "Scream," "Last Summer..." includes a strong cast led by Jennifer Love Hewitt ("Party of Five"), and Sarah Michelle Gellar ("Buffy the Vampire Slayer"), and contains a good script by the same writer that wrote "Scream." However, "Scream" became stronger towards the end, while this movie becomes weaker.

The movie starts out well with two couples partying and drinking on their last 4th of July before they are to leave home and go out into the world. As they drive home they hit a man on a blind curve. Julie (Hewitt) argues that they should go to the police. However, fearing that his football scholarship will be denied, Berry (Ryan Phillippe) convinces them that if they go to the police all their plans would be ruined, and, because of the alcohol, the police would not believe them anyway. And besides, the man is dead anyway. So they decide to dump the body in the ocean to get rid of all the evidence.Their mistake turns to murder when they realize that the man is not really dead, and awakes just as they throw him into the ocean. Knowing the man is now dead, but having to live with the fact that they killed him, the four friends make a pack never to talk about what happened that night ever again.

The movie fast fowards to Julie returning home from college. We see that she is still plagued with guilt over what happened. She receives a note stating "I KNOW WHAT YOU DID LAST SUMMER," and reunites with her friends to try and find out what is happening. We see that all her friends failed at their plans. Helen failed at being an actress, and instead comes home to work in a clothing store. Julie's former boyfriend, Ray, (Freddie Prinze, Jr.), failed at being a writer, and becomes a fisherman instead.

This is when the movie loses sight of its goals, and follows the same old cliches that buried the genre in the late 1980's. A man hears a strange noise, in a deserted locker room and goes to investigate. The killer hides in a closet. Instead of just killing the stars, the killer wants to terrorize them instead.

I do have to admit that the killer dressed in a Fisherman's slicker, and carrying a hook does appear menacing, especially because there are dozens of people dressed in the same outfit (it takes place in a fishing town). However, the killer adds nothing new to previous killers of the horror genre.

I cannot recommend this movie to anyone who loves horror movies because you, like me, will be disappointed. For those of you waiting for a good horror movie, "Scream 2" is only a month away, opening December 12th.

PANTHER RATING SCALE
***** A Classic
**** Fresh Material
*** Worth the time and money
** Proceed at your own risk
* Don't even bother

"Gang Related"
Orion Pictures (Rated R)
Rating: ***

Larry Ewings
Staff Writer

A thought-provoking drama starring Jim Belushi, and Tupac Shakur in his final film appearance. It also stars Dennis Quaid and James Earl Jones.

The movie is about two detectives (Belushi and Shakur) who are involved in a series of drug deals in which they sell drugs they have stolen from police evidence lockers. Shortly after, they murder the dealers they were selling to. Belushi, who plays Det. Divinci, is convinced that he and his partner Shakur, who plays Det. Rodriguez, are doing justice by murdering the drug dealers. Rodriguez, meanwhile, is struggling with the fact that his partner has murdered so many people.

When one of their victims turns out to be an undercover officer, they find themselves going downhill trying to cover up their crime and trusting only each other.

Superb acting and a mind-twisting plot make this a must see. It contains profanity, violence, and some nudity.

"REDEMPTION"

Lyrics Written by: Larry Ewings
Music Editor
(a.k.a. Jedi from Astroknots)

The serpent distracted me from God's will I did a bunji, and dropped into the pits of crocodile like Dundee

At the time I was hungery, my pockets suffered from my wonder, like the artic regions, sufferin' from the tundra.

All I had was my pen and thoughts and I spoke about things that were no no, and my body rested in sin instead of Lennon like Yoko Ono.

My heart was divided between that line of love and hatred, I guess galvatron stole the matrix but my soul I had to hold it sacred.

I remember this dip named Re, we shared a love so poetic, but the evil took her from me but my love she won't forget it.

I finally realized what I've been missen' after reefa kept me situated, I had to forgive myself for always bein' intoxicated.

I'm glad I kicked those habits and lifted my hands to thank my Lord, but now I entered a battle where the mind gots to be sharp like swords.

I propose a toast that my crew and I would have your support, and that God would lead us on a quest to speak the truth to hold down fort.

No sin is far to great to be forgiven, so people watch your liven, God is the source of everything and out of darkness we will be driven.

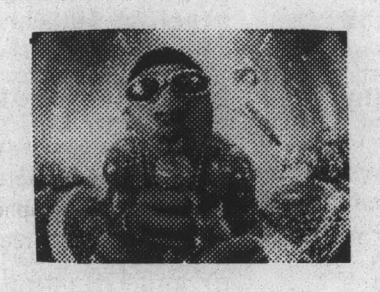
The light is my residence where I'll chill like lawn chairs for eternity, and in my vision I see kids runnin' with they families.

I won't rest until tragedy is broken and my rhyme is the stradegy, my words is the breath of God to recharge the body's battery.

I once was in poverty but through love I hold my riches, and know I got dope kicks and a belt to hold my low britches.

MUSIC REVIEWS

LL Cool J "Phenomenom" Def Jam Rating: ****



In the overpopulated world of Hip Hop, there are a few from the old school that still make some noise. LL Cool J (Ladies Love Cool James) has made his mark as the mentor of showing these other MCs the art of smooth talk. He melts the mic with lava hot lryics that are sure to please the ladies and true Hip Hop fans.

This time around, LL only has 10 tracks, which puts a damper on his album. Even though the production is tight, he leaves us with the urge to want a little more. "Phenomenom," his title track, starts the album off with a boom and makes you want to head for the disco. But the song "Nobody Can Freak You," is a very poor sequal to the hit track "Doin It," from his 1996 Mr. Smith album. It uses the same formula with the female rapper playing the damsel in distress act.

Based upon Mr. Smith's real life story, the track "Father," is a deep look into his life growing up with an abusive father and his fight to overcome the odds of ghetto life. "Don't Be Too Late, Don't Come Too Soon," is a ballad of a lost love in which LL takes total control of passion and soul as he creates a beautiful masterpiece.

Though smooth tracks fill the CD with bliss, the album does suffer from the shortness in length. Still, it will provide fresh sounds for all heads who need a cool refreshment.

Janet



"The Velvet Rope" Virgin Records Rating: ****

With the trouble that surrounds the Jackson family, Janet has seemed to escape the ongoing tragedy that has plagued her family's reputation. Known for her pretty smile and vocal innocence, she's back to take the lonely hearts home. In this new album, Janet is as sweet as a child on her first birthday. With a voice that can melt the ice on your fingers, she has completed a solid sounding R&B record. The first single, "Got 'Til Its Gone," features Q-Tip from the rap group A Tribe Called Quest, and provides thumpin' beats with a mellow abstract groove. It's been getting huge air play and is sure to be an instant hit. Another track that will catch the listeners attention is "Anything," which is a get with your honey and skip to the ocean, share a chilled beverage and show each other a little romance type hook. *The Velvet Rope* is an overall good choice because it intergrates all aspects of R&B music. This could possibly be a very good year for Janet. She comes with honesty, pure soul, and will breathe the breath of life back into a dying music world.



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Pete Wise - Owner
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FINALS CALENDAR

DATE	8:00 A.M.-11:00 A.M.	11:30 a.m.-2:30 p.m.	3:00 p.m.- 6:00 p.m.
FRIDAY DECEMBER 12	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 10 a.m. or 10:30 a.m.	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 1 p.m. or 1:30 p.m.	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 4 p.m or 4:15 p.m.
MONDAY DECEMBER 15	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 9 a.m. or 9:30 a.m.	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at Noon or 12:30 p.m.	Finals which do not fall within the time frames listed may be scheduled here.
TUESDAY DECEMBER 16	All classes meeting TTH or any TTh combination starting AT 9 a.m. or 9:30 a.m.	All classes meeting TTH or any TTH combination starting 10:00a.m., or 10:30 a.m., or 11:00 a.m.	All classes meeting TTH or any TTH combination starting at 1 p.m., 1:30 p.m., or 2:00 p.m.
WEDNESDAY DECEMBER 17	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 8 a.m. or 8:30 a.m.	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 11 a.m. or 11:30 a.m.	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 3 p.m. or 3:30 p.m.
THURSDAY DECEMBER 18	All classes meeting TTH or any TTH combination starting before 9 a.m.	All classes meeting TTH or any TTH combination starting at 11:30 a.m., Noon, or 12:30 p.m.	All classes meeting TTH or any TTH combination starting at 2:30 p.m. or later.
FRIDAY DECEMBER 19	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 7	All classes meeting daily, MWF, four meetings per week, or any MW or F combination starting at 2 p.m. or 2:30 p.m.	No finals scheduled within this time frame.

Evening, Saturday, and off-campus classes are to have their final examinations the last night/day of instruction, between Friday, December 12 and Friday, December 19.

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DE 9 a.m. a 7 p.m. de Lunes a Sábado

Vinyl Junkeez Are In The Groove

Tito Indamix
Contributing Writer

Local artists and deejays, Tito Indamix and B-boy Bryan, have a talented group known as the Vinyl Junkeez. What separates these guys from other deejays is that they are turntablists, deejays that use a mixer and turntables as a musical instrument by manipulating grooves on vinyl records back and forth on the stylus to produce the sound effect known as scratching as well as looping beats together continuously to a technique called beatjuggling. The creation of new beats, rhythms. and hybrid sounds are the products from using the turntable as a musical instrument proving to the masses that dejays are artists and are capable of playing a guitar to a whole orchestra just by scratching.

They currently have a self-produced and entitled e.p., "Vinyl Junkeez," which was entirely done on a 4-track mixer. This dance record consists of three songs, various samples, and sound effects for use by the creative deejay in mind. "Ready 4 Sum" with its catchy hook, "Are You Ready," gained airplay on radio station mixshows, underground nightclubs, and raves due to its infectious bassline and disco-house rhythm. It is locally available at the Music Zone, the Krate, Lighthouse Records, and other dj/record stores throughout the bay area.

Their wide musical influences comes from playing and collecting records that range from acid jazz, funk, hardhouse, heavy metal, ska, and underground hip hop. These dj/musicians are well versed in the art of producing the music of tomorrow because of their ever evolving ears to musical trends.

"As well as dejaying at parties, clubs, and on 90.9fm KHDC with our friend Joe Castro, knowing what people groove to is the whole thing behind making music not how many notes or chord variations there are in a song," says one of the members of the Vinyl Junkeez.

Right now Dj Tito Indamix and B-boy Bryan are finishing up on another project scheduled for release in 1998 promising innovative sounds in electronic dance music and hip hop as well as debuting advanced scratching techniques they invented called," T-Scratching" and "Triple Click Acid Flares." This is going to be the Bomb in '98.

CALENDAR

November 1997

Monday 17th

Hartnell Holiday Food Drive starts
HOMECOMING WEEK!! GET INVOLVED HARTNELL STUDENTS
HARTNELL ART GALLERY RECEPTION 6 P.M.
THE ART OF KUNA WOMEN

TUESDAY 18TH

Employee Strategies Workshop in room HCC119 at 12 noon.
A hearing on "University Outreach and Eligibility: Preparing students Academically to Pursue Their Educational Goals" will be held from 10 a.m. to 4 p.m. in the State Capitol, Room 12
Women's Soccer Northern California Championship (TBA)
Men's Soccer Northern California Championship (TBA)
Women's Basketball Hartnell vs. Delta at Stockton at 5:00 p.m.
Monterey Bay Rep in the student center 9 a.m.-2 p.m.
UC Application Workshop at 2:00p.m.-3:00 p.m. in the Staar Portable

WEDNESDAY 19TH

All My Relations holding a Dream Catcher Workshop in room HCC116 at 11:00 am.
Employment Strategies at 1:00 p.m. in room HCC119
Career Mentoring Day (Career Shadow) for North Monterey County High School Students from 9:30 to 1:00p.m.
Hartnell Color Day in honor of Homecoming Volleyball Hartnell vs. DeAnza in Salinas at 7:00 p.m.
"TREASURES FROM THE TOMB: THE UNTOLD STORY OF KING TUT" held at 7:00p.m. in the Hartnell College Performing arts building Main Stage. For additional information contact the Hartnell College Foundation at 755-6810.
"ACE" Math Workshop 12:00p.m to 1p.m. in room HCC116

THURSDAY 20TH

Women's Basketball Hartnell vs. Glendale Tourney at Glendale (TBA)
50s Day (Homecoming)
CSU Application workshop 6:00 p.m.-7:00 p.m. in the Staar Portable.

FRIDAY 21ST

Fall 1997 Last Day to Drop with a "W"
Tailgate Party

SATURDAY 22ND

Homecoming Hartnell vs. MPC at home at 7:00 p.m.
Men's Soccer Northern-Cal Championships (TBA)
Women's Soccer Northern-Cal Championships (TBA)
Cross Country California State Championships at Woodward Park Fresno at 10:00 p.m.

TUESDAY 25TH

Women's Basketball Hartnell vs. Santa Rosa
Volleyball Northern California Playoffs (TBA)
Women's Soccer Northern California Championship (TBA)
Men's Soccer Northern California Championships (TBA)
Memory Skills Workshop 11 a.m.-12 p.m. in room HCC116
CSU Application Workshop from 6:00 p.m.-7:00 p.m. in the star portable.

WEDNESDAY 26TH

All My Relations Guest Speaker (Martin Herrera) in room HCC116 at 11:00 a.m.
Transfer drop-in day

THURSDAY 27TH

HAPPY THANKSGIVING (RECESS)

FRIDAY 28TH

RECESS

SATURDAY 29TH

Women's Soccer State Championship (TBA)
Volleyball Northern California Playoffs (TBA)
Men's Soccer State Championships (TBA)

DECEMBER 1997

MONDAY 1ST

Festival of the Trees (1-5)
World Aids Day Booths in student center

TUESDAY 2ND

Preparations for final exam workshop at HCC116 at 1:00p.m.

WEDNESDAY 3RD

Stress Management Workshop in room HCC116 at 1:00 p.m.
Identify Your Learning Style Workshop 12 noon to 1 pm. in room HCC116

THURSDAY 4TH

Women's Basketball Hartnell Classic in Salinas (TBA) (4-6)

FRIDAY 5TH

Volleyball State Championships (TBA) (5-7)
All My Relations (5-6) 2nd Annual Intertribal Indian Gathering

THURSDAY 11TH

Women's Basketball Hartnell vs. Santa Rosa Tourney at Santa Rosa (TBA) (11-13)

FRIDAY 12TH

Holiday Food Drive Ends
FINALS BEGIN!!

FRIDAY 19TH

SEMESTER ENDS!

RECOGNIZING WORLD AIDS DAY

From Page 4

not taken the necessary precautions. USE PROTECTION, ALWAYS. And remember December 1st, WORLD AIDS DAY, turn on those lights and wear A RED RIBBON.

A new store in Monterey, The Red Ribbon, sells new and used furniture, household items, clothes, books, and school and office supplies. The proceeds pay for the basic needs of local people affected by AIDS. It is run by Laurie Loomis. The store, at 486 Lighthouse Ave., New Monterey, is open Wednesday through Sunday from 1 p.m. to 5 p.m. The phone number is (408) 647-7100. Donations of new and used items are welcomed.

HARTNELL'S CONSTRUCTION PROGRAM

From Front

level skills, and most transfer to a 4-year university college to get a Bachelor degree.

Each project takes one full school year, using the first semester to build the foundation, walls, and roofing, and the second semester to build siding, windows, and floors Beery said. Other classes, Construction 70 and 71, provide the plumbing and electric wiring for the houses so that they are completely ready for occupancy.

The Technology Program used to build houses and put them up for auction at the end of the year. However, "in the late 80's, home interest rates were very high and we had a hard time selling the houses, so we started looking for different ways", said Beery. Now, the school does not have to take large portions of money out of the general fund to build the houses, because the non-profit organizations pay for it.

In the past the Technology Program has built houses for such non-profit organizations as the North Monterey County School District, Salinas Rural Fire District, the Sun Street Center.

DEPRESSION HITS HOME

DEPRESSION

From Front

class, doubtful that it would be helpful. He said he entered the class with a macho attitude and was afraid to acknowledge his problems. He believed he could solve his own problems. However, after attending several classes, he realized the class helped him increase himself-confidence and motivation, and provided him with tools to deal with others. He said the class enabled him to let things out, and gave him the ability to learn about and control his feelings.

"Everything is way better, my dreams and goals are being accomplished," John said.

Another student, Jane (not her real name) said she is taking the second semester of this class Cou106 and has found it very helpful. She said she was diagnosed by her psychiatrist with depression.

"This class has helped me recognize my negative thoughts and make them positive," Jane said. Like many students at Hartnell, Jane is juggling family, work, and school.

Hartnell counselor Howell said depression and anxiety disorders among Hartnell students have increased. She feels that the increase in these disorders is due in part to the fact that many Hartnell students are supporting families while striving to further their education. Since Hartnell has a high number of working students and student-parents, they may find it stressful to achieve their goals. Many students encounter difficulties that are academic, home related and may be unable to balance their busy schedules. Students often have not yet learned to have contingency plans, said Howell.

"Critical to preventing stress is developing an educational plan, and an on-going relationship with a counselor in students' major areas, Howell said. They're "Jumping in before establishing where they are and what they need to do-that's why depression and anxiety are on the rise," Howell said.

Students who face life-disrupting events which might cause them to stop attending classes or drop out can get help at Hartnell. There is a Pilot Intervention Counseling Program that offers free assistance to stressed out students who have a drop in attendance, an inability to do tests or presentations, a change in behavior in class, and a change in attitude or motivation, according to a memo publicizing the service. Students interested may schedule appointments with Howell at 755-6820 (T, TH 10-11 a.m., W 3:30-5 p.m. or W 7-9 p.m.)

Students who are unable to wait for an appointment on campus and have an emergency crisis may call Natividad Hospital at 755-4111 and ask for "The Crisis Team."

There are many outpatient programs and services (support groups) available for people who encounter difficulties. Howell strongly recommends that students seek advice and information from Hartnell counselors. Students are urged to call Student Support Services at 755-6820 to learn about resources available to them.

Recently, Natividad conducted their 7th Annual National Depression screening in recognition of Depression Awareness Day. Several psychologists and psychiatrists who work for Natividad volunteered their time to give lectures and show slides on depression. They also provided free literature and information. Fifty-four people were screened and, although no one received a clinical diagnosis, approximately 90 percent were referred for treatment. The utilization of the outpatient programs has increased throughout the years, said Diana Bunzel, nurse manager for Outpatient Services at Natividad. There was a 69 percent increase in the number of people screened over last year, Bunzel said. There are a variety of factors that contribute to the increase of disorders in Salinas, according to Bunzel, they include population increase, more chemical imbalances or the accumulation of environmental stressors.

"Substance abuse is a leading factor contributing to depression among 18 to 24-year-olds," Bunzel said.

Although depression affects many people, there is help available. Medication combined with psychotherapy is the most effective treatment, Bunzel said. Remember, no matter how difficult life seems, help is available.

TEST ANSWER KEY

Respondents who answer "yes" to at least five questions, and "yes" to question 1 and 2, and have symptons described for at least 2 weel.s may be suffering from depression. If a person answers "yes" to question 3, regardless of how he or she answered the other questions, that person should seek help immediately!

ARE YOU DEPRESSED?

1) I feel downhearted, blue, and sad.	YES	NO
2) I don't enjoy the things I used to.	YES	NO
3) I feel others would be better off if I were dead.	YES	NO
4) I feel that I am not useful or needed.	YES	NO
5) I notice that I am losing weight.	YES	NO
6) I have trouble sleeping through the night.	YES	NO
7) I am restless and can't keep still	YES	NO
8) My mind isn't as clear as it used to be.	YES	NO
9) I get tired for no reason.	YES	NO
10) I feel hopeless about the future.	YES	NO

11) 0 I am not more irritated now than I ever am.
1 I get annoyed or irritated more easily than I used to.
2 I feel irritated all the time now.
3 I don't get irritated at all by the things that used to irritate me.

12) 0 I have not lost interest in other people.
1 I am less interested in other people than I used to be.
2 I have lost most of my interest in other people.
3 I have lost all of my interest in other people.

13) 0 I make decisions about as well as I ever could.
1 I put off making decisions more than I used to.
2 I have greater difficulty in making decisions than before.
3 I can't make decisions at all anymore.

14) 0 I don't feel I look any worse than I used to.
1 I am worried that I am looking old or unattractive.
2 I feel there are changes in my appearance that make me look unattractive.
3 I believe that I look ugly.

15) 0 I can work about as well as before.
1 It takes an extra effort to get started at doing something.
2 I have to push myself very hard to do anything.
3 I can't do any work at all.

16) 0 I can sleep as well as usual.
1 I don't sleep as well as I used to.
2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
3 I wake up several hours earlier than I used to and cannot get back to sleep.

17) 0 I don't get more tired than usual.
1 I get tired more easily than I used to.
2 I get tired from doing almost everything.
3 I am too tired to do anything.

18) 0 My appetitie is no worse than usual.
1 My appetite is not as good as it used to be.
2 My appetite is much worse now.
3 I have no appetite at all anymore.

19) 0 I haven't lost much weight, if any, lately.
1 I have lost more than 5 pounds.
2 I have lost more than 10 pounds.
3 I have lost more than 15 pounds.

20) 0 I am no more worried about my health than usual.
1 I am worried about physical problems like aches and pains; upset stomach.
2 I am very worried about physical problems.
3 I am so worried about physical problems I can't think of anything else.

21) 0 I have not noticed any recent change in my interest in sex.
1 I am less interested in sex than I used to be.
2 I am much less interested in sex now.
3 I have lost interest in sex completely.

Zung Self-Rating Depression Scale